

## Two-Potato Gratin

READY IN



100 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

### Ingredients

- ☐ 2 medium baking potatoes peeled cut into 1/4-inch-thick slices ( 3 cups)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 2 quarts no-salt-added chicken stock (such as Swanson)
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons chives fresh divided chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 0.8 cup aged gruyère cheese shredded

- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 0.3 cup parmigiano-reggiano cheese fresh grated
- ☐ 2 medium sweet potatoes peeled cut into 1/4-inch-thick slices ( 4 cups)
- ☐ 2 thyme sprigs

## Equipment

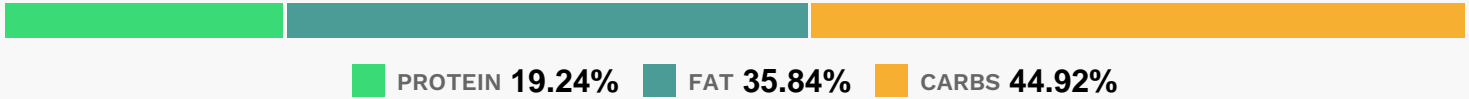
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ broiler
- ☐ slotted spoon

## Directions

- ☐ Preheat oven to 35
- ☐ Place potatoes in a large stockpot; cover with stock. Bring mixture to a boil; cook 4 minutes.
- ☐ Remove from heat. Carefully remove potatoes from pot using a slotted spoon, reserving cooking liquid. Arrange potato slices in a single layer on a jelly-roll pan; set aside. Strain cooking liquid through a fine-mesh sieve over a bowl; reserve 1 cup cooking liquid. Discard solids and remaining cooking liquid.
- ☐ Heat a medium saucepan over medium heat.
- ☐ Add oil to pan.
- ☐ Sprinkle flour over oil; cook 1 minute, stirring constantly with a whisk.

- ☐ Add garlic; cook 2 minutes, stirring frequently.
- ☐ Combine milk and reserved 1 cup cooking liquid. Gradually pour milk mixture into flour mixture in pan, stirring constantly with a whisk.
- ☐ Add thyme sprigs to pan. Bring mixture to a boil; cook 4 minutes or until slightly thick, stirring frequently.
- ☐ Remove from heat. Strain mixture through a fine-mesh sieve over a bowl, reserving sauce; discard solids. Stir 1/2 teaspoon salt, pepper, and Gruyere cheese into sauce.
- ☐ Spread 1/2 cup sauce in bottom of a broiler-safe 2-quart ceramic baking dish coated with cooking spray. Arrange a single, flat layer of sweet potato and then baking potato slices over sauce. Over flat layer, alternate baking potato and sweet potato slices, in shingle-like fashion.
- ☐ Sprinkle evenly with remaining 1/4 teaspoon salt, 1 tablespoon chives, and chopped thyme; pour remaining sauce over potato mixture.
- ☐ Sprinkle with Parmigiano-Reggiano cheese.
- ☐ Bake at 350 for 1 hour or until potatoes are tender when pierced with a knife.
- ☐ Remove gratin from oven. Preheat broiler to high.
- ☐ Place gratin in oven. Broil gratin 3 minutes or until browned.
- ☐ Sprinkle with remaining 1 tablespoon chives.

## Nutrition Facts



## Properties

Glycemic Index:55.22, Glycemic Load:14.87, Inflammation Score:-10, Nutrition Score:17.040434718132%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 304.62kcal (15.23%), Fat: 12.14g (18.68%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 31.63g (11.5%), Sugar: 8.77g (9.74%), Cholesterol: 26.38mg (8.79%), Sodium: 749.56mg

(32.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Vitamin A: 8272.89IU (165.46%), Phosphorus: 262.37mg (26.24%), Calcium: 251.47mg (25.15%), Vitamin B6: 0.49mg (24.49%), Vitamin B3: 4.85mg (24.27%), Vitamin B2: 0.4mg (23.44%), Potassium: 748.64mg (21.39%), Selenium: 10.43µg (14.9%), Vitamin B1: 0.22mg (14.73%), Manganese: 0.29mg (14.6%), Copper: 0.29mg (14.37%), Magnesium: 48.77mg (12.19%), Fiber: 2.6g (10.4%), Zinc: 1.48mg (9.88%), Iron: 1.63mg (9.04%), Folate: 35.42µg (8.85%), Vitamin B5: 0.88mg (8.76%), Vitamin C: 6.62mg (8.03%), Vitamin B12: 0.47µg (7.83%), Vitamin K: 7.14µg (6.8%), Vitamin E: 0.89mg (5.97%)